PHRM32

Heart Rate Monitor Watch

PYLE SPORTS ®

www.pyleaudio.com

KEYS AND THEIR FUNCTIONS

SET/SAVE/EL

MODE
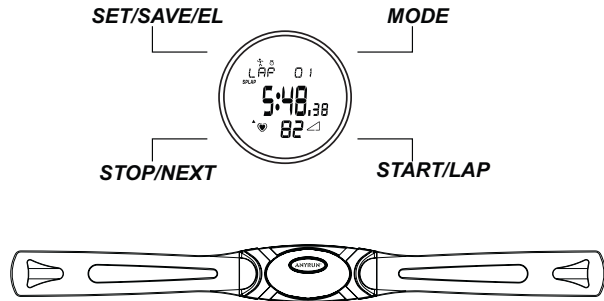
STOP/NEXT

START/LAP

HEART RATE BELT

**Operated by 4 keys.**

SET/SAVE/EL
STOP/NEXT
MODE
START/LAP

Thank you for choosing the Pulse Sonic – Heart Rate monitor Watch as your personal trainer. In order to be able to make the best use of this device, please read the instruction manual carefully. Do not discard keep the manual for future reference Wear the Heart Rate Belt on your chest with the sensor over your heart for detection of the heart rate.
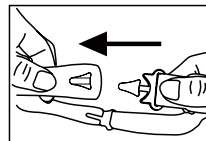
You will notice that there are two noticeably different patches on the inside of the Heart Rate Belt. These are the sensors for detecting your Heart Rate. Before you put the Heart Rate Belt, wet these two patches lightly so that the sensors can detect your heart rate more easily, faster and more accurately.
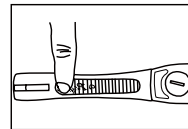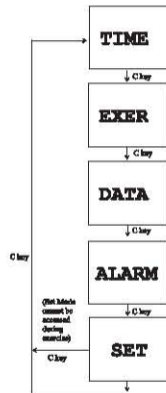
Important : Please note that the Heart Rate Monitor is NOT a medical device and is not to be used as such.

FEATURES

- Time Function
- Daily Alarm Function
- Energy Saving Function
- Chronograph & Timer Function
- User Setting and Zone Setting.
- Data Function
- Auto Return Function

MODE FLOW CHART

Press the MODE key to change between the following modes.

```
                          ┌──────────┐
                          │   TIME   │
                          └──────────┘
                               ↓ C key
                          ┌──────────┐
                          │   EXER   │
                          └──────────┘
                               ↓ C key
                          ┌──────────┐
                          │   DATA   │
                          └──────────┘
                               ↓ C key
              C key        ┌──────────┐
                          │  ALARM   │
                          └──────────┘
          (Set Mode            ↓ C key
           cannot be
           accessed       ┌──────────┐
           during         │   SET    │
           exercise)      └──────────┘
                   C key       ↓
```

```
┌────────────────────┐
│ A -START/LAP       │
│ B -STOP/NEXT       │
│ C- MODE            │
│ D -SET/SAVE/EL     │
└────────────────────┘
```

A. TIME MODE

-Date-Time display: Day of week, Day, Hour, Minute, Second.

```
┌─────────────────┐
│ ᴹ TUE  08       │
│ 12:00 56        │
│                 │
└─────────────────┘
```
(No Heart rate pulse is detected)

```
┌─────────────────┐
│ ᴹ TUE  08       │
│ 12:00 56        │
│ ♥108 ᴮᴾᴹ        │
└─────────────────┘
```
(Heart rate pulse is detected)

← shows the instantaneous heart rate.

-Press STOP/NEXT to start heart rate measurement.
-Press and hold SET/SAVE/EL until the hour digits flash to enter the Time Setting mode.
-Press START/LAP to increment the setting item.
-Press STOP/NEXT to decrement the setting item.
- Press MODE to select the setting item in the following sequence:

Hour → Minute → Second → Month → Day → Year → 12/24 Hr

-Press SET/SAVE/EL to exit the Real Time setting.

B.   EXERCISE MODE

1. Initial Display:

Count Up Timer (Chronograph)   Count Down Timer

Exercise mode icon➡ | ⟵Zone alarm icon
EX01 00 | ⟵ Exercise 1, 1/100 sec.
00:00'00 | ⟵ Hour:Min:Sec
In Zone icon➡ ♥**120**BPM | ⟵ Selected Target zone icon

Exercise mode icon➡ | ⟵Zone alarm icon
EX01 CD | ⟵ Exercise 1, Count Down indication
00:00'00 | ⟵ Hour:Min:Sec
In Zone icon➡ ♥**120**BPM | ⟵ Selected Target zone icon

-Press START/LAP key to start counting. If the Chronograph is selected and is running, press START/LAP key to take lap.
-Press STOP/NEXT key to stop counting. Press and hold STOP/NEXT key will enable/disable the zone alarm beep and icon.
-Press MODE key any time can exit the Exercise mode to the Data Mode.
-Press and hold SET/SAVE/EL key to Save or Clear the displayed EXERCISE if it is in stop state.
-If the Exercise mode is in reset state, press and hold SET/SAVE/EL key to enter exercise setting mode.
-Different type of exercise can be selected:
  AEROBIC, EX BIKE, STEPPER, TREADM., JOG, WALK, BIKE, OTHER
-Press and hold SET/SAVE/EL for 2 second change the exercise type by pressing START/LAP or STOP/NEXT Press MODE accordingly to confirm exercise type, count up and count down timer and high / low zone Press SET/SAVE/EL to confirm the data and finally press START/LAP to start the exercise
-Target zone selection.
-Press START/LAP or STOP/NEXT to select zone
-Press MODE to choose Count Up / Count Down timer to record exercise.
-Count Up (Chronograph) or Count Down timer can be selected.Count Down Timer time can be set up to 24 hours (if the time is set to 0:00'00).
Count Up (Chronograph) counts up to 24:00'00 and stops automatical

2.Chronograph/Count Down Timer

-Record exercise time in Hour, Minute, Second, average / maximum / minimum / ending heart rate, Below/In/Above zonetime and percentage, calorie and fat consumption.

Chronograph is running   Count Down Timer is running

Exercise mode icon flashing → |
EX03 34 |
01:05'18 | ⟵ Hour:Min:Sec
In Zone icon → ♥**123**BPM | ⟵ Selected Target zone icon

Exercise mode icon flashing → |
EX03 CD |
00:05'08 | ⟵ Hour:Min:Sec
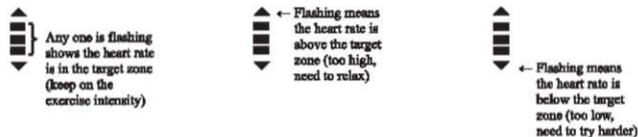In Zone icon → ♥**123**BPM | ⟵ Selected Target zone icon

-Selected Target zone icon: User can select among 3 target zones to check the instantaneous heart rate is in the target zone or not.

o target zone | Low target zone selected | mid target zone selected | hi target zone selected
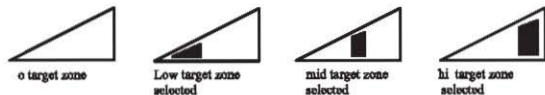
If low / mid / hi target zone is selected and zone alarm is enabled, zone alarm beep will be given if instantaneous heart rate is out of target zone.

-In zone icon: Only displayed if low / mid/ hi target zone is selected. It shows the instantaneous heart rate is in the target zone or not.

Any one is flashing shows the heart rate is in the target zone (beep on the exercise intensity)

← Flashing means the heart rate is above the target zone (too high, need to relax)

← Flashing means the heart rate is below the target zone (too low, need to try harder)

-The Below/In/Above zonetime and percentage will be recorded to reflect the efficiency of training.
-In case no heart rate pulse is detected (for a time out of about 10 seconds after the last heart pulse), the heart rate reading will show "--".
-In case no heart rate pulse is detected (for a time out of about 60 seconds after the last heart pulse), the heart rate reading will be blank. No in zone icon will be shown. User needs to press SET/SAVE/EL key to turn on the receiver to start heart rate measurement again.
-During the exercise running, heart rate is kept on measuring. If heart rate is out of the target zone, zone alarm beep will be given out. Zone alarm beep:
Above zone alarm: beep .. beep .. beep (every 4 seconds)
Below zone alarm: beep ─ (every 4 seconds).
-During the exercise running, the display will cycle exercise time, average heart rate, calorie and fat consumption. Average heart rate will only be shown if heart rate pulse is measured. Calorie and fat consumption will only be shown if calorie measurement is selected to be on.
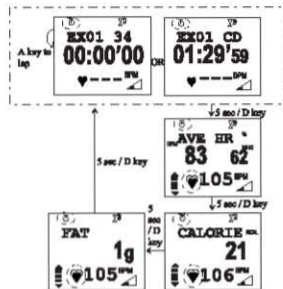
-The In Zone icon will flash the corresponding point to indicate the heart rate is in or out zone. If either the ▲ or ▼ is flashing, user should adjust his exercise intensity to let the heart rate fall back to the ▮ range.

-Taking Laps:
-If Chronograph is running, press START/LAP key to take lap. The display will freeze to show the split time for 5 seconds.
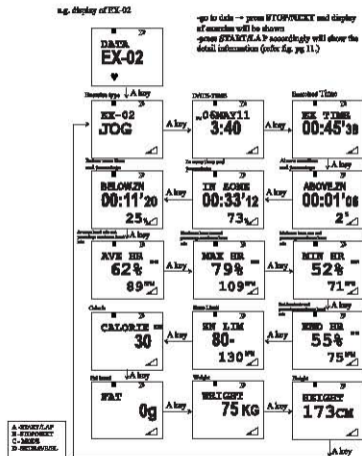
-Manual Stop:
-Press STOP/NEXT Key when the exercise is running to stop. Press START/LAP key in stop state can start again. Even the exercise has stopped, the display will cycle the exercise time, average heart rate, calorie and fat consumption in sequence.

-Enable/Disable of Zone alarm:
-Press and hold STOP/NEXT key will toggle the zone alarm beep and icon.

-Store Up / Reset a Exercise:
-Press and hold SET/SAVE/EL key until beep when the exercise is in stop state to close the current EXERCISE and start a new exercise. User can select to save or clear (not save).

Exercise Mode (in stop state)

C key to abort saving record.   Hold D key   C key to abort saving record.

EX01 SAVE?   A/B key   EX01 CLEAR?
          A/B key

D key   D key

EX01 SAVE!   EX01 CLEAR!

A -START/LAP
B -STOP/NEXT
C -MODE
D -SET/SAVE/EL

↓ 3 sec   ↓ 3 sec

Return to EXER mode preset/reset state (previous selection)

-Counting finish:
-If Count Down timer time counts to 0:00'00, 5 seconds beep will sound. The timer cannot start again. Press START/LAP key will display "FINISH!".
-If Count Up (Chronograph) counts to 24:00'00, it will stop automatically and cannot start again. Press START/LAP key will display "FINISH!".
-Data Memory full:
Maximum 40 Exercise data records can be stored. Press and hold the SET/SAVE/EL key if the 41st records is stop, only "CLEAR?" can be selected.

C. DATA MODE
Reviews the records taken in Exercise mode. Max. 40 exercise records can be stored.

DATA

"TOTAL" data
TOTAL 08:15'23

"EXERCISE" data
DATA EX-05   Last record

TOTAL 132

DATA EX-04   4th record

TOT FAT 0g

DATA EX-01   1st record

CLR TOT HOLD

CLR HOLD

TOTAL 00:00'00

CLR ALL HOLD   →   NO DATA

A- START/LAP
B- STOP/NEXT
C- MODE
D- SET/SAVE/EL

9   10

For Total Data

-Go to MODE and choose Data as to show the total data.
-Press START/LAP to show the data total calorie and total fat.
-Hold SET/SAVE/EL to clear the total data for 2 second   data is cleared to zero.

e.g. display of EX-02

-go to data → press STOP/NEXT and display
of exercise will be shown
-press START/LAP accordingly will show the
detail information (refer fig. pg 11.)

DATA
EX-02
♥

EX-02 JOG	06MAY11 3:40	EX TIME 00:45'38
BELOW.ZN 00:11'20 25%	IN ZONE 00:33'12 73%	ABOVE.ZN 00:01'06 2%
AVE HR 62% 89	MAX HR 79% 109	MIN HR 52% 71
CALORIE 30	EN LIM 80- 130	END HR 55% 75
FAT 0g	WEIGHT 75 KG	HEIGHT 173cm

A-START/LAP
B-STOP/NEXT
C-MODE
D-SET/SAVE/EL

-Skip Above Zone / In Zone / Below Zone / Zone Limit display if "no zone" is selected.
-Press and hold SET/SAVE/EL key to erase the displaying exercise (only under EX-## is displaying). Only a closed exercise can
 be erased. Keep on pressing SET/SAVE/EL key to erase all the data records.
-Press and hold SET/SAVE/EL key when displaying total time or calorie/fat to erase the total.
-Press MODE key to exit DATA mode to enter Daily Alarm mode.

D. DAILY ALARM MODE

-Press START/LAP key to enable/disable the daily alarm.
-Press STOP/NEXT key to select chime and key tone function.
-Alarm beeps output for 30s or stopped by any key pressing when alarm time reached.
-Hourly chime will be given if chime is enabled.
-Display:

-Setting Daily Alarm time:
Press and hold SET/SAVE/EL key D to enter Daily Alarm Setting. Press START/LAP key to increment to item.
Press STOP/NEXT key to decrement the item. Press MODE key to select different setting item in the following sequence:

Hour → Minute

Press SET/SAVE/EL key to confirm the setting.

E. USER SETTING MODE

1.Zone Setting
-Zone 1 (low) default: 50~60% of MHR.
-Zone 2 (mid) default: 60~70% of MHR.
-Zone 3 (high) default: 70~85% of MHR.

Press A/B Key to increment/decrement of the zone digit

Any time press SET/SAVE/EL key to quit setting mode and save the items

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2. User Setting (Personal Data)
- Body weight unit selection (KG/LB selectable).
- Body weight setting (20~200KG, 40~400LB).
- Body height unit selection (cm/ft-in selectable).
- Body height setting (100~250cm, 3ft 0in ~ 8ft 0in).
- BMI, Body mass index for display only.
- VO2max setting (10~95).
- MHR (default) : 220 – age = MHR
- Age setting (5~99).
- Male/Female selection.
- Calorie / Fat burnt calculation on/off selectable.

A -START /LAP
B -STOP/NEXT
C -MODE
D -SET/SAVE/EL
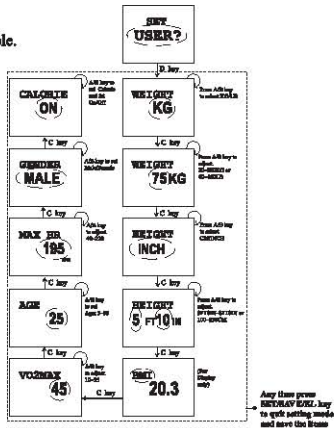
A -START /LAP
B -STOP/NEXT
C - MODE
D -SET/SAVE/EL

F. AUTO RETURN FUNCTION
In any setting mode, if no keys are pressed in 3 to 4 minutes, it will return to the previous mode before setting.

G. ENERGY SAVE FUNCTION – DISPLAY OFF
- If the chronograph / timer is in stop state, in any non-setting mode, press and hold Key MODE key for 3 seconds will enter Display Off mode. Press MODE key to turn on display and enter Time mode.

H. ENERGY SAVE FUNCTION – AUTO DISPLAY OFF
- If the chronograph / timer is in stop state, in any non setting mode, the time reaches 12:00am will enter Display Off mode. Press MODE key to turn on display and enter Time mode.

I. RESET THE WATCH
- Press and hold 4 keys simultaneously for about 6 seconds will reset the unit.

J. SPECIFICATION
- Operation Mode : Time Mode, Exercise Mode, Data Mode, Communication Mode, Daily Alarm Mode, User Setting Mode
- Real Time Clock : Da of week Da , Hour, Minute & Second display
- Chronograph : Max 24:00:00
- Countdown Timer : To 23:59:59
- Weight : 40lb – 400lb
  20kg – 200kg
- Height : 100cm – 250 cm
  3 ft 0 in – 8 ft 0 in
- VO2MAX : 10 – 95
- Age : 5 – 99
- Sex : Male / Female
- Pulse Range : 40 – 220 BPM
- Zone Range : 30 – 220 BPM.

K. INSTALLING THE BATTERY

The Heart Rate Monitor uses 2 x lithium batteries. Use only the recommended batteries.

Heart Rate Watch

1. The battery compartments located at the back of the watch.
2. To install/replace the battery, unscrew the battery compartment with the screw driver and simply slide out afterwards.
3. Take out the old battery and dispose of properly.
4. Gently place a new battery into the battery slot of the battery compartment, making sure that the poles are correctly placed.
5. Screw back the battery compartment, when finished as in the diagram below

SCREW

BACK COVER

O Ring
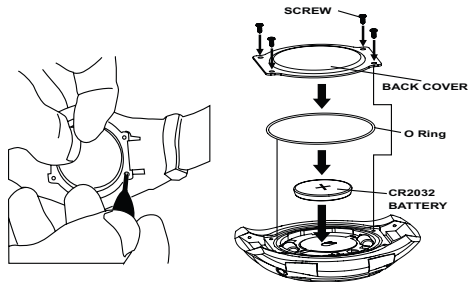
CR2032 BATTERY

Heart Rate Belt

1. Hold the Heart Rate Belt firmly.Insert a coin into the slit of the compartment lid and turn it clockwise .The lid should come off easily. (Remove used battery CR2032)(Diagram 2)
2. Gently place the battery into the battery slot of the battery compartment.(Diagram 3)
3. Put the compartment lid back into place and tighten it firmly by turning it anti-clockwise with the help of coin.
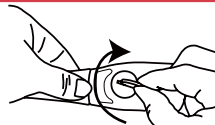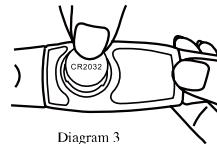
CR2032

Diagram 2   Diagram 3

IMPORTANT BATTERY INFORMATION

● Battery installation and removal should be performed by an adult
● Use only batteries recommended in this instruction sheet
● Be sure to install the batteries with the correct polarity, as indicated
● Remove all batteries when replacing
● Only batteries of the same and equivalent type as recommended are to be used
● Do not short-circuit the supply terminals
● Exhausted batteries should be removed from the product
● Non-rechargeable batteries are not to be recharged
● Rechargeable batteries are to be removed from the product before being charged
● Rechargeable batteries are only to be charged under adult supervision
● Different types of batteries or new and used batteries are not to be mixed.

Noted:
It allows few seconds for changing battery; however data will be lost and need to reset the data.

CAUTION
Should you encounter any problems with the Pulse Sonic (e.g. malfunctioning of a parameter, static electricity, interferences within the product or the need to re-set the device), please reset the watch. All data previously input into the device would be deleted and you can then/will need to re-set the Pulse Sonic all over again. If the Pulse sonic should on the rare occasion fail to function, press and hold the "Set" button in order to clear all data, after which you can input all necessary data again. Should this fail to correct the situation, remove the batteries and then put them back into the battery compartment. Turn on the device by pressing the "Mode" button, and then follow all the steps mentioned above in order to input the necessary data once more. The content of this manual is subject to change without further notice. Due to printing limitation, the displays shown in this manual may differ from the actual display. The manufacturer and its suppliers hold no responsibility to you or any other person for any damage expenses, lost-profits, or any other claim arose by using this product. The contents of this manual may not be reproduced without permission of the manufacturer.